HELLO FRESH

Sri Lankan Style Lentil Sambar Curry
with Roasted Aubergine and Zesty Rice

45

Classic • 40-45 Minutes • Mild Spice • 3 of your 5 a day • Veggie

Aubergine	Sri Lankan Style Curry Powder
Garlic Clove	Lime
Tomato Puree	Red Split Lentils
Coconut Milk	Vegetable Stock Paste
Basmati Rice	Baby Spinach
Mango Chutney	

Pantry Items
Oil, Salt, Pepper

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Baking tray, garlic press, fine grater, saucepan and lid.

Ingredients

Ingredients	2P	3P	4P
Aubergine**	1	2	2
Sri Lankan Style Curry Powder	2 sachets	2 sachets	4 sachets
Garlic Clove**	2	3	4
Lime**	½	1	1
Tomato Puree	30g	45g	60g
Red Split Lentils	50g	100g	150g
Coconut Milk	200ml	300ml	400ml
Vegetable Stock Paste 10)	10g	15g	20g
Basmati Rice	150g	225g	300g
Baby Spinach**	100g	150g	200g
Mango Chutney	40g	60g	80g

Pantry	2P	3P	4P
Water for the Curry*	125ml	180ml	250ml
Water for the Rice*	300ml	450ml	600ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving 474g	Per 100g 100g
Energy (kJ/kcal)	2925 /699	617 /147
Fat (g)	23.9	5.0
Sat. Fat (g)	19.7	4.2
Carbohydrate (g)	107.2	22.6
Sugars (g)	20.9	4.4
Protein (g)	19.9	4.2
Salt (g)	1.67	0.35

Nutrition for uncooked ingredients based on 2 person recipe. Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

10) Celery

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

Let us know what you think!
Share your creations with #HelloFreshSnaps
Head to hellofresh.co.uk or use our app to rate this recipe

HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

♻ **You can recycle me!**

1

Roast the Aubergine

Preheat your oven to 220°C/200°C fan/gas mark 7.

Trim the **aubergine**, then halve lengthways. Cut each half into four long strips, then halve widthways.

Pop the **aubergine** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then sprinkle over **half** the **Sri Lankan style curry powder**. Toss to coat, then spread out in a single layer.

When the oven is hot, roast on the top shelf until soft and golden, 25-30 mins. Turn halfway through.

2

Prep Time

Meanwhile, peel and grate the **garlic** (or use a garlic press).

Zest the **lime** and cut into **wedges**.

3

Curry Up

Heat a drizzle of **oil** in a medium saucepan on medium-high heat.

Stir in the **tomato puree**, **garlic**, **lentils** and remaining **Sri Lankan style curry powder**. Cook for 1 min, then stir in the **coconut milk**, **veg stock paste** and **water for the curry** (see pantry for amount).

Bring to the boil, then lower the heat, cover and simmer gently until the **lentils** are cooked, 20-25 mins. Stir frequently to ensure they don't stick.

4

Cook the Rice

While the **curry** cooks, pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and **¼ tsp salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).

5

Add the Spinach

Once the **lentils** are soft, add the **spinach** to the **curry** a handful at a time until wilted and piping hot, 2-3 mins. Stir in the **mango chutney**.

Add a splash of **water** if it's a little thick, then season to taste with **salt** and **pepper** and a good squeeze of **lime juice** from a **lime wedge**.

6

Finish and Serve

Fluff up the **rice** with a fork, stir through the **lime zest**, then share between your bowls.

Spoon over the **lentil sambar curry** and top with the **roasted aubergine**.

Serve with a **lime wedge** for squeezing over.

Enjoy!